



Career-Life Balance Worksheet

Stress level (scale of 1-5) HOME: _____

WORK: _____

PRIORITIES:

If you could only focus on one thing in your life, what would it be?

1. _____

What else comes to mind?

2. _____

3. _____

4. _____

5. _____

Now mark % by each one.

Where do you need/want to focus?

PLAN:

Exercise/Movement:

Nutrition:

Stress Management:

Time Management/Organization:

WellConnected tools for YOU

How to log-in:

- Visit <http://members.bcidaho.com>
- Log-in to your Blue Cross of Idaho account (or register if new user)
 - After logging in, click on the WellConnected logo:



Your coverage includes access to WellConnected
health assessment | wellness workshops | digital health coaching
health library | exercise and food tracking tools | mobile app

Don't miss:

- Wellness Workshops: LIFE BALANCE *highly recommended
- *HealthyNow* Mobile App
- Health Library (videos, articles, decision tools, symptom checker)
- Be Well Blog
- Daily Tips
- Water Tracker